

Mountaineer

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Geren named 20th secretary of the Army

by Army News Service

WASHINGTON — Pete Geren became the 20th secretary of the Army Friday, following his nomination by President George W. Bush and confirmation by the U.S. Senate. As Secretary of the Army, Geren has statutory responsibility for all matters relating to the U.S. Army: manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications and financial management.

Geren is responsible for the Department of the Army's annual budget and supplemental of \$170 billion. He leads a work force of more than 1 million active-duty and reserve-component Soldiers, 230,000 Department of the Army civilian employees and 280,000 contracted service personnel. He has stewardship of 15 million acres of land.

Caring for Soldiers and their Families has been Geren's top priority since his days serving as the 28th undersecretary of the Army. In an opening statement during his confirmation hearing last month, he reaffirmed that commitment.

"My year as undersecretary of the Army taught me much — my four months as acting secretary of the Army

taught me much more," he said. "I have been inspired by the selfless service of our Soldiers, and humbled by the sacrifice of their Families." Geren was the undersecretary of the Army until Feb. 21, 2006. He was named acting secretary of the Army March 9.

Geren joined the Defense Department in September 2001 to serve

as special assistant to the secretary of Defense with responsibilities in the areas of interagency initiatives, legislative affairs and special projects. He also served as acting secretary of the Air Force from July to November 2005. Before joining the Defense Department, Geren was an attorney and businessman in Fort Worth, Texas.

From 1989 until his retirement in 1997, Geren was a member of the U.S. Congress, representing the 12th Congressional District of Texas for four terms. He served on the Armed Services, Science and Technology and the Public Works and Transportation Committees during his tenure in Congress.



Courtesy photo

Pete Geren became the 20th secretary of the Army Friday. Geren, second from left, visits a Soldier's memorial at the 25th Infantry Division headquarters during a visit early this month.

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MUST SEE



Round 'em up at the rodeo.
See Pages 22-23.

Word of the month: **Encouragement**

Army extends FRSAs to battalions

by Bill Bradner

Family and Morale, Welfare and Recreation Command Public Affairs

WASHINGTON — The Army's Family and Morale, Welfare and Recreation Command, at the request of senior Army leadership, is expanding the Family Readiness Support Assistant program to reach all the way to the battalion level, Armywide, to support deployed Soldiers and their Families.

Under the new program, the positions will be added to unit manning documents, centrally funded, and FMWRC will provide program oversight.

"Commanders had already identified the need and we're responding," said Brig. Gen. Belinda Pinckney, FMWRC commander. "We're not inventing anything new here. We're taking something that works well and expanding it, providing a uniform level of support to

Soldiers and Families Armywide."

The plan calls for an end-state of as many as 1,100 FRSAs throughout the Army, placing a support assistant in each deployable battalion, brigade, division and corps headquarters. The FRSAs will hold Department of Army civilian positions at the GS-6 level. The need for FRSAs was initially identified through the Army Family Action Plan.

The FRSAs will remain a component of the unit commander's Family readiness program and will be supervised by the commander or his designee. Their primary duties will be to provide administrative assistance in support of the unit's Family readiness programs and activities.

The position remains in place even when the unit is not deployed, providing continuity in a world climate that requires units to participate in multiple deployments.



Jason Miller practices good bicycle safety by wearing his helmet on post.

Bicycle safety means

Wearing a helmet

Story and photo by Mildred E. Green
Volunteer

Summer is in full swing and with warmer temperatures, children and adults are spending more time outdoors. Many of them find joy in bicycling, whether it’s around their neighborhoods or the city. Although summer is a great time to enjoy Colorado’s outdoor adventures, everyone should remember to take certain precautions to ensure a fun, yet safe time.

According to The Bureau of Transportation, bicycling is the second most preferred form of transportation after the automobile. People of all ages ride bicycles for leisure, as a way to commute to work and physical fitness. However, many accidents occur while bicycling because people do not take the right precautions. One very important tip for cyclist according to Lt. Col. Bill Dawson, an avid cyclist and director of operations at the U.S. Army Combat Readiness Center, is to always wear protective gear, especially a helmet.

The U.S. Centers for Disease Control and Prevention states that 95 percent of cyclists killed each year were not wearing helmets. According to the National Federal Highway Administration, 70 percent of all fatal bicycle crashes involve head injuries, yet only about 20 - 25 percent of all cyclists wear bicycle helmets.

Tragedies can be easily avoided by taking the time to project yourself and you’re your family. According to the CDC, cyclists could prevent an estimated 150 deaths and 100,000 nonfatal head injuries each year if each of them wore a helmet. The CDC also states that bicycle helmets are known to reduce the risk of serious head injury by as much as 85 percent and reduce the risk of brain injury by as much as 88 percent. According to the CDC, only 25 percent of children ages 5-14 wear helmets when riding bicycles and the percentage of teenage cyclists who wear helmets is nearly zero.

According to by Ben Hutchinson, anyone riding a bicycle on post must wear a helmet, as stated in the Mountain Post safety regulation 385-1. Soldiers must wear a helmet both on and off post. Fort Carson’s safety and occupational health specialist. Hutchinson reminds cyclists to follow all road rules when riding a bicycle. In addition to wearing a helmet, Hutchinson states that bike maintenance and awareness of traffic are crucial.

When bicycle safety is maintained and the rules are followed, riding can be a great adventure, especially in Colorado. “There are a lot of trails and activities for bikes (in this area),” said Hutchinson.

To view the Colorado Bicycling Manual go to www.dot.state.co.us/BikePed/BikePedManual.htm.

Summer heat: be aware of dangers

Mountaineer staff

Wow! Temperatures were really hot this week, with temperatures in Colorado Springs hovering around the mid-90s. And people told you it doesn’t get hot in Colorado; they must be out of town in July.

OK, so it rained and hailed July Fourth and maybe there was a little snow on Pikes Peak. But check out Sunday, Monday, Tuesday and Wednesday of this week when temperatures hit 95 degrees along the Front Range. Temperatures were even higher in Pueblo and Denver.

What can we do about the weather? Not much, but do try to protect yourself, your children, your Soldiers and battle buddies when temperatures are high.

In fiscal 2006, two Soldiers died and there were 73 heat-related injuries, according to CRC.army.mil Web site. The injuries were mostly due to improper hydration.

Here are some tips:

- Avoid outdoor activities if you can, especially in the middle of the day.
- Do outdoor activities early or late in the day, when the sun is lower in the sky and temperatures are cooler.
- Drink plenty of water.

- Eat regularly.
- Wear light-colored clothing, preferably cotton.
- Remember to wear sunscreen and reapply regularly, particularly if in the water or sweating.
- If you must be outside in the heat, rest often in the shade.
- Wear a hat.

Suggestions to cool off:

- A hot day is a good time to go to the swimming pool, but remember the sunscreen. Take breaks in the shade and drink plenty of water.
- Run the yard sprinkler and let children and animals run through it to cool off.
- It’s a good time to catch a

movie in an air-conditioned theater, read a book at the library or hang out at an air-conditioned mall.

- Take a cool shower.
- Turn on the air-conditioner, if available.
- Stay in the coolest part of the house — the lower level.
- Keep blinds or drapes closed on the sunny side of the house.

Symptoms of serious hot weather injuries are listed below:

Heat cramps:

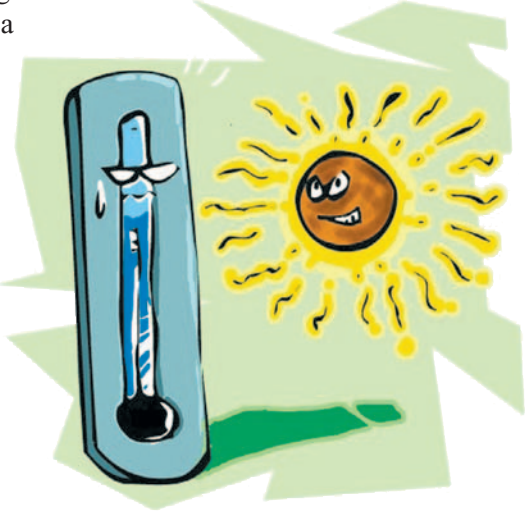
- Painful skeletal muscle cramps or spasms
- Mostly affects legs and arms

Heat exhaustion:

- Dizziness
- Fatigue
- Weakness
- Headache, nausea
- Unsteady walk
- Rapid pulse
- Shortness of breath

Heat stroke:

- Any of above symptoms but more severe
- Nausea, vomiting
- Altered mental status with agitation, confusion, delirium, disorientation
- Elevated temperature, usually above 104 F
- Can progress to loss of consciousness, coma and seizures



MOUNTAINEER

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NEWS

Holiday spirit arrives early for some

Story and photo by Spc. Laura M. Bigenho
28th Public Affairs Detachment

CAMP VICTORY, Iraq — Most people don't start thinking about Christmas until late in the year. But for hundreds of troops here, a dose of holiday spirit will come several months early, thanks to the generosity of people and organizations back home.

"When III Corps arrived in December, the chaplain's office did not have enough time to plan a Christmas event," said Maj. Stephen Sheridan, chief of medical logistics, Multinational Corps-Iraq. "So I thought, let's have a 'Christmas in July' event instead." With help from a friend in the States, Sheridan said he took the idea and ran with it.

"My buddy Ken Howard told me that he believed the average American supported us over here, but didn't know how to do anything, so he suggested that I connect with the chaplain's office," Sheridan said. "I used a baseball analogy — the chaplain's office was the catcher, American supporters were the pitchers, and I was the coach-making the troops the winners."

Sheridan started sending fliers to the States in February. In addition to an explanation of "Christmas in July," he included gift ideas and mailing instructions. Since then, more than 265 packages from 59 individuals and 23 organizations have piled up. And the numbers continue to rise.

"I was pleasantly surprised by the overwhelming

support," Sheridan said. "From the numbers, I think it was a huge success."

Spc. Denise Monroe, chaplain assistant, MNC-I, has spent several weeks behind the scenes organizing and allocating boxes to religious support teams according to their needs.

"We got some pretty good stuff — we got a ton of granola bars, Girl Scout cookies, soaps and shampoos, but we mostly got individual "CARE" packages," Monroe said. "Just having a package to open is always good for people who are kind of missing home, especially now because we're several months in and still have several months to go."

Sheridan said he is grateful to everyone who helped make the project a success.

"We have great Americans back home who sent all the 'CARE' packages," he said. "Our chaplains and religious support teams are such an important



Chief Warrant Officer Pierre Julien, property book manager, 67th Signal Battalion, loads his truck with "CARE" packages for troops and Ugandan security forces.

asset — I could not have done this without their support. "I know it picks up my spirit when I receive a package, so I am hoping that the troops are blessed by people's generosity and are reminded of the great support from home," he said.

Donation helps Families



Photo by Michael J. Pach

From left, Don Addy, National Homeland Defense Foundation president, Darren Schatz, Boise Cascade product manager, Cindy Hart, Boise Cascade Denver branch manager and Roz Johnson, NHDF executive assistant, hold up a check representing a \$10,000 donation from Boise Cascade to NHDF. According to Addy, the money will be used to support the NHDF's Military Family Assistance program that provides financial relief and support to Families of servicemembers who are or will soon be deployed to Iraq or Afghanistan.

Squirrels positive for plague in Denver

by Capt. Teal Reeves

Evans Army Community Hospital

In April and May, numerous tree squirrels and one rabbit in the Denver metropolitan area tested positive for plague.

The majority of the cases were found in the City Park area, but some were found in other counties.

No known human cases of plague were associated with this event. Several patients did tell health providers they were concerned about exposure to dead squirrels or rabbits.

This situation serves as a reminder that plague does exist in many areas of Colorado, including El Paso County, and people need to be watchful. Plague is transmitted by fleas and people can be exposed through contact with wild animals or their pets. People who may be exposed to plague-carrying animal and develop sudden high fever, chills,

nausea, muscle pain and painful or swollen lymph glands should consult a physician immediately. The disease is easily treated with antibiotics if caught early enough. The most recent human case of plague in El Paso County was in 1991, although plague-carrying prairie dogs were sighted downrange last summer.

The best way to protect people from plague-infected fleas is to prevent pets from mingling with wild animals and to rodent-proof the areas around homes. Do not handle dead rodents and report sudden die-offs to Environmental Health at 526-7922 or Pest Management at 524-2124 if it is on post. If it is off post, report it to the El Paso County Department of Health and Environment at 575-8635. Keep cats indoors since they are more susceptible than dogs to plague. Remember that the risks for contracting plague are low, but it is always smart to be cautious.

MILITARY

A Tale of Two Neighborhoods:

Adversaries reach peace accord in Al-Fadhli

**Story and photos by
Maj. Sean Ryan**

*2nd Brigade Combat Team,
2nd Infantry Division
Public Affairs*

FORWARD OPERATING BASE LOYALTY, Iraq — On April 10, Soldiers from 1st Battalion, 504th Parachute Infantry Regiment, along with their Iraqi counterparts, started clearing one of the neighborhoods in eastern Baghdad. It was, at first, a routine mission in the Fadhl area, but soon turned into a bloody firefight lasting five hours with scores of unknown enemy dead and wounded.

The Fadhl area is one of the oldest and poorest neighborhoods in the Iraqi capital, with 300-year-old buildings still in use today. The narrow, twisting roads can be used as lookout points by insurgents to spot approaching vehicles or people, and were a

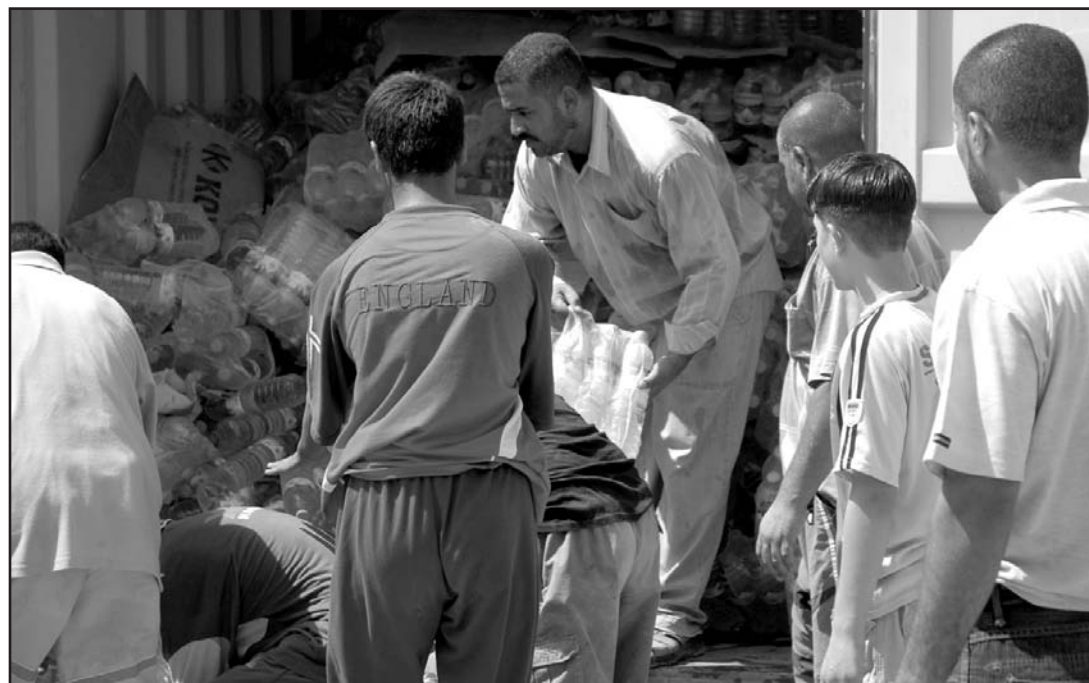
breeding ground for snipers and militia activity.

But that was then. Just a few short months later, Soldiers from the 1st “Red Devil” Battalion, 504th Parachute Infantry Regiment out of Fort Bragg, N.C., operating in eastern Baghdad as part of the 2nd Infantry Brigade Combat Team, 2nd Infantry Division, drove into the heart of Fadhl July 5 delivering truckloads of food rations, medical supplies and water to the residents.

Soon after the April firefight, leaders from the Iraqi Army’s 4th Brigade, 1st Iraqi Army Division, called a meeting with Fadhl leaders, according to Maj. Mike Pratt, Red Devil’s operations officer.

“The IA asked the residents what they needed and how they can help, instead of constant fighting,” he said.

See **Adversaries** on Page 10



Residents of the Fadhl area of eastern Baghdad help unload trucks July 5 that included hundreds of blankets, food packets for more than 1,000 families, thousands of dollars worth of medical supplies and a truckload of bottled water. Residents, young and old, helped carry the supplies into the medical facility. In a new partnership with the 1st Battalion, 504th Parachute Infantry Regiment, operating in Baghdad as part of the 2nd Brigade Combat Team, 2nd Infantry Division, residents received their first humanitarian aid assistance.

Military briefs

Miscellaneous

A **military marriage seminar** — is at Woodmen Valley Chapel today and Saturday. For more information call Chap. (Maj.) Robert Williams at 526-6917.

4th Division Reunion — The National 4th Division is holding a reunion at the Doubletree Hotel in Colorado Springs through Sunday. The Alumni Association will have two hospitality suites and Company A 1-8th Infantry Regiment, 3rd Brigade Combat Team, 4th ID will have a junior hospitality suite open to all Soldiers from Fort Carson.

Joe Gmelch Wounded Warrior Welcome socials — are held the third Thursday of the month at 3:30 p.m. at Alternate Escapes to recognize wounded Soldiers who came home separate from their units and did not participate in a welcome home ceremony. The next social is Aug. 16 and all are welcome.

Harmony in Motion — is holding auditions for basses, tenors and sopranos. Any Soldiers interested may contact Sgt. Scott Dickson at 524-3618, 338-2340 or scott.d.dickson@conus.army.mil.

Organizational Clothing and Individual Equipment — As of June 1, Soldiers currently assigned to a modified table of organization and equipment unit with permanent change of station orders within the continental United States are required to retain certain OCIE and will be allowed to ship one duffel bag containing OCIE to their new duty station. For a list of items or if you have questions, call Directorate of Logistics supply contacts Dale Caddick at 526-6140 or Frank Howard at 526-6477.

\$500 Reward — The U.S. Army Criminal Investigation Detachment is offering a \$500 reward for information leading to the apprehension and conviction of the person(s) responsible for the damage to U.S. government property and fires in motor pool building 1882 on May 2. If you have information about this or any crime, contact CID at 526-3991 or the Military Police desk at 526-2333. The \$500 reward offer expires May 11, 2008.

The Wounded Soldier and Family Hotline — accepts calls from 5 a.m.-5 p.m. Monday-Friday at (800) 984-8523. The call center offers wounded and injured Soldiers and family members a way to seek help to resolve medical issues and provides an information channel to senior Army leadership to improve the way the Army serves the medical needs of Soldiers and their Families.

Single Soldiers requesting basic allowance for housing — to live off post must first submit a memo to the Unaccompanied Personnel Housing Office, building 7301, room 114, for an exception to policy to draw BAH at the without- dependent rate. Soldiers should not obtain a lease until approval is given. Contact Judy Barstad at judy.barstad@conus.army.mil or 526-0570 with any questions.

The U.S. Small Business Administration — has announced the Patriot Express Loan Program for veterans. This initiative is intended to make it easier for veterans to qualify for small business loans. For more information visit www.sba.gov.

Food service special events — Family Readiness Groups and units that conduct fundraisers by selling limited food items are required to fill out an application and checklist for their event. Contact Capt. Teal Reeves at 526-7922, or Sgt. Misty Gordon at 526-7375 for details and a copy of the paperwork needed. The application and checklist are also available through unit Family Readiness Groups.

Self-Help Weed Control Program — Units that wish to participate in the Self-Help Weed Control Program must have Soldiers trained in the proper handling, transport and application of herbicides. Training sessions are held every Wednesday from 10-11 a.m. through the end of October in building 3711. Each unit may send up to five people for training unless preapproved for more through the unit commander and the Directorate of Environmental Compliance and Management. Call the Pest Control

Facility at 526-5141 for information.

Warrant Officer Program — is available for all Reserve component Soldiers who meet the qualifications. The Army Reserve Warrant Officer Accessions team is located in building 8932, 4000 O'Connell Blvd. A \$10,000 accession bonus will be paid upon completion of the Warrant Officer Basic Course. Contact Master Sgt. Brian Brownell at 526-6544 or brian.brownell@usar.army.mil.

Officer Candidate School — Packet submissions for direct select and local OCS are handled by the Personnel Services Branch, Military Personnel Division, in building 1218, room 160. OCS direct selection is in effect until Sept. 30 and there are still slots open. Contact Tom Grady at 526-3947 for more information.

Hours of Operation

Trial defense service hours — TDS hours of operation are Monday-Thursday from 9 a.m.-4 p.m. TDS is closed on Fridays except for appointments and emergencies. Administrative chapters and Article 15 briefings are held Tuesdays and Thursdays at 1 p.m., and walk-ins are taken until 12:50 p.m.

Claims Division hours — The Claims Division office hours are Monday-Thursday from 8 a.m.-5 p.m, Friday from 8 a.m.-4 p.m. and closed federal and training holidays. To make a claim, Soldiers must attend a mandatory briefing. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R (pink form).

DFAC hours — Fort Carson dining facilities operate under the following hours:

Patton — Starting July 30. Monday-Friday 7-8:30 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Weekend hours are 9:30 a.m.-1 p.m. (brunch) and 3:30-6 p.m. (dinner).

Warhorse Cafe — Monday-Friday 7:15-9:15 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Weekend hours are 9:30 a.m.-1 p.m. (brunch) and 5-6:30 p.m. (dinner).

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Weekend hours are 9:30 a.m.-1 p.m. (brunch), and 5-6:30 p.m. (dinner).

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner).

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch). Closed for dinner and on weekends.

Education Center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

• **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

• **Learning Resource Center/Military Occupational Specialty Library** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

• **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.

• **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.

• **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

Legal Assistance hours — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

Briefings

The White House Communications Agency — is seeking highly professional and dedicated Soldiers. The WHCA will conduct an orientation briefing at McMahon Auditorium Aug. 13 from 9:30 a.m.-3 p.m. Candidates must be able to travel and work with little supervision; have no history of derogatory information; be able to obtain a top secret security clearance and serve in a presidential support billet. Call (202) 757-5140 for more information. Applications can be submitted online at www.disa.mil/whca/index.html.

ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing servicemembers. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Thursday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m. to building 1118, room 133. Call 526-1002 to register.

ETS briefing — The ETS briefing for Tuesday has been rescheduled for Tuesday. Otherwise, ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice. Briefing sign-in begins at 7 a.m. at building 1042, room 310. Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.

Special Forces briefings — are held Wednesdays in building 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

Commanding General's Hotline

by Maj. Gen.
Robert W. Mixon Jr.

Commanding General, Division West, First Army and Fort Carson

The Commanding General's Hotline exists to provide Mountain Post Team members a channel to express their concerns and good ideas directly to me.

It is in everyone's interest to share information and solve problems efficiently and quickly. The Commanding General's Hotline is one way to successfully resolve difficulties.

Communication is a two-way street, and this is one way I use to communicate with



Mixon

Soldiers, family members, civilian employees and contractors of the Mountain Post team.

There are two avenues to communicate concerns, complaints, suggestions or praise: call the hotline, 526-2677, or go online to www.carson.army.mil, click on "contact us" and complete the form.

Your issue will be worked by me and my staff, but please try to resolve conflicts through traditional

means first, including your chain of command.

So that we may process your concern, suggestion, complaint, problem or praise, please give us your name, rank, unit and as much information about the situation as possible.



Photo by Staff Sgt. Bronco Suzuki

Not all fun and games

Sgt. Josh Ross provides security while his team of Soldiers investigates a possible insurgent mortar launch site at an amusement park in Baghdad's Rusafa District July 9. Ross is assigned to Troop A, 3rd Squadron, 61st Cavalry Regiment, 2nd Infantry Brigade Combat Team, 2nd Infantry Division, based out of Fort Carson.

Task Force 'Lone Sentinel' honors Iraqi police partners

by Capt. Erinn C. Singman

*759th Military Police Battalion
Task Force Adjutant*

Every day thousands of Americans take time to pay homage and tribute to American Soldiers serving in Operation Iraqi Freedom. In or out of uniform, we especially take the time to honor the sacrifices made by Soldiers who never return home.

As the 759th Military Police Battalion continues its Police Partnership Program mission in Iraq, the Soldiers have grown increasingly closer to and established bonds with their local Iraqi police counterparts. It has opened Lone Sentinel Soldiers' eyes to new customs, courtesies and a culture unlike their own. Even more, it has allowed the Soldiers to realize they are not alone in their sacrifice. While the surge continues, the Soldiers look forward to redeploying with each passing day, however, they know that their Iraqi police partners are already home.

Since March 2003, thousands of Iraqi police have given their lives and, unfortunately, sacrificed the safety of their families in order to establish democracy and end the insurgency in Iraq.

Recently, Task Force Lone Sentinel took the time to honor the Iraqi police partners throughout East Baghdad with the presentation of a memorial plaque for the directorate headquarters and each district Iraqi police headquarters. Each plaque is engraved with

the names of Iraqi police for that district, killed in the line of duty since Operation Iraqi Freedom began. This is an effort to show coalition military police support for the sacrifices of the Iraqi police.

Lt. Col. Chad McRee, Task Force 759th Military Police commander, personally delivered each plaque to the Iraqi police stations. He commented on his commitment to honoring the Iraqi police

"We have to show the Iraqi police that we genuinely care about their sacrifice. It's important to recognize their contributions in the (Global) War on Terrorism." McRee said.

Maj. Steven Yamashita, Task Force S-3, and Soldiers from the battalion accompanied the Task Force commander to each station to show their support and help foster the concept that this is a team effort. Task Force 759th Military Police recognizes that the unit must establish mutual trust with our Iraqi police partners as they are a key in heading towards a free and stable Iraq and we are here to support them, every step of the way. It is not their team working with our team but rather, a combined effort, fighting for the common good and no team is more significant than the other.

Lt. Col. McRee summarized, "We can't overlook the human aspect in this conflict, the value of life, and no one person's life is more precious than another. We are in this together and together we will succeed in our efforts and counter this insurgency for a secure Iraq."

MSTC offers medics

**Story and photos by
Michael J. Pach**

Mountaineer staff

Fort Carson's latest addition to medical training is the Medical Simulation Training Center, which opened April 1. The MSTC is located in a new building on Khe Sahn Street near Specker Avenue.

According to the MSTC site manager and senior instructor, Tim

Olsen, Fort Carson's facility is the 10th in existence, and the Army plans to have 18 MSTCs worldwide on installations with division-sized elements.

The primary focus of the MSTC is to train Army field medics through the four-week Emergency Medical Technician-Basic course. All Army medics must be

certified as EMTs, and a one-week refresher course, also taught at the MSTC, is required to maintain this certification every two years.

Another course taught at the MSTC is Combat Medic Advanced Skills Training, which teaches advanced tactical medicine to Army medics. The purpose of this one-week class is to update medic training to match that of newly-trained medics. Olsen said that newer medics are receiving more advanced training; so earlier-trained medics must complete this course by October 1. A CMAST sustainment course will be offered every two years to keep medic training up to date. Units can also request a CMAST refresher before deployments.

The largest task for the MSTC is to provide Combat Lifesaver training. A CLS-certified Soldier is one of any military occupational specialty who has received medical training and is able to help in combat emergencies. The Army used to require that 10 percent of Soldiers in all units be CLS certified. The current requirement for the 4th



Above: Medical Simulation Training Center instructors, Jake Rose, right, and Joe King, left, assist Staff Sgt. Christopher Mayes, Phoenix Recruiting Battalion medic, and Spc. Caitlin Bradley, 10th Combat Support Hospital, during a training exercise. **Right:** Bradley, left, and Mayes perform CPR on "Stan," the Standard Man Human Patient Simulator.



hands-on training

Infantry Division is that all Soldiers receive CLS training. The CLS certification takes four days and is a yearly requirement.

"This is how you save lives," said Jake Rose, MSTC instructor, about the CLS training. "You can't mess up with medicine because the alternative is death. We have to train regular Soldiers that are infantry or mechanics the crucial parts to just keep someone alive."

"They (CLS providers or medics) are not going to do surgery in the field, but there are certain things that they can do to help increase a victim's chances of survival," said Joe King, MSTC instructor.

Typically, the MSTC has two classrooms each with 30 students. One classroom is dedicated to EMT training and one to CLS. Operating the facility are four civilian instructors and an administrative assistant who work for Computer Sciences Corporation. Also on hand is Sgt. 1st Class Maylen Gaspar. Gaspar is the training oversight representative for the Army. She is the course coordinator and the liaison to the Army Medical Department Activity and the national registry of EMTs. Gaspar and her two noncommissioned officers make sure the training programs meet the Army's standards.

Students get to practice their emergency

medical skills in one of four simulation rooms where the star is a high-tech mannequin known as the METI Simulation Man or "Stan." Stan is the Standard Man Human Patient Simulator made by Medical Education Technologies, Inc. (www.meti.com) on which students can perform patient assessments.

Stan is run by a computer and is very lifelike. He breathes, bleeds fake blood, has a pulse and an audible heartbeat. His pupils change according to his condition, and he responds to the various treatments and medical procedures students can perform on him.

Stan's computer allows trainers to choose 27 scenarios for each of eight different patients, including Soldiers with varying conditions, an elderly woman, a standard man and a truck driver. Each patient has an extensive medical history that is stored in the computer. When students treat the patient, his or her progress or digression is monitored, including his or her response to a wide range of medications that can be administered or a shock from an automated external defibrillator.

The simulation rooms are equipped with



Above: Sgt. 1st Class James Miller, Dugway Health Clinic medic, and Michael Torres, Pueblo Chemical Depot firefighter, perform a patient assessment. **Right:** Torres straps "noggin" blocks around Miller's head as he practices securing a patient to a long spine board.



Adversaries

From Page 5

Their requests were no different than most in Iraq, as they needed essential services. Pratt said, "They wanted their hospital running, electricity, and jobs for the people."

Lt. Col. Carl Alex, the 1st Battalion, 504th Parachute Infantry Regiment commander, directed a three-week trash removal project in Fadhl that meant jobs for 200 people. The project has ended, but a three-month extension is in the works. In addition, the Al Tawan Hospital in Al Fadhl received a 250-kilowatt generator and 10 water drums which provide electricity and clean water for the hospital's activities.

Attitudes changed quickly among the residents after witnessing the changes in the nearby neighborhood of Ahdamiyah. The Ahdamiyah neighborhood was also in disarray, but once residents began working with Coalition and Iraqi forces, big changes took place. There were reduced violence, increased electricity and the return of essential services.

The leader of the neighborhood told Alex, "We didn't play it right and made a mistake. Our people found themselves neglected by everybody and the improvements and partnership that Ahdamiyah now shares is something we want, as well. This is a great lesson for us and we are now extending our hand, to shake the hand of the U.S. forces to work together."

The supplies dropped off to residents included hundreds of blankets, food packets for more than 1,000 families, thousands of dollars worth of medical supplies and a truckload of bottled water. Residents, young and old, helped carry the supplies into the medical facility.

This was a significant step with the Fadhl residents, according to Capt. Thomas Delaney, the battalion S-5 officer.

"This is the first tangible aid the residents have ever



One of the residents of the Fadhl area of eastern Baghdad helps unload trucks July 5 .

seen," he said. "The set of meetings really broke the ice and ever since, violence has decreased significantly. The generator will really help the people, as well."

The neighborhood leader added, "We have already started a plan to distribute power equally to families and will nominate individuals to both protect the generator and start a small collection for fuel."

The next step the residents of Al Fadhl want is to find jobs for the people. In the past, sectarian strife has limited the work force of Fadhl from looking for jobs outside the area.

The neighborhood has already reopened shops and consumer goods stores located around the mosque, which were previously closed for security reasons.

This indeed is a tale of two neighborhoods: the old one fighting the Coalition and Iraqi Security Forces, and the new one, buzzing with the genesis of electricity, less violence and the prospect of future jobs for the people.

Medical training

From Page 9

speakers, strobe lights and fog machines to mimic combat situations and test the students' critical thinking skills.

"With the strobe light going and the lights dimmed, you aren't able to see as well," said Rose. "You take away some of their senses so they have to think harder."

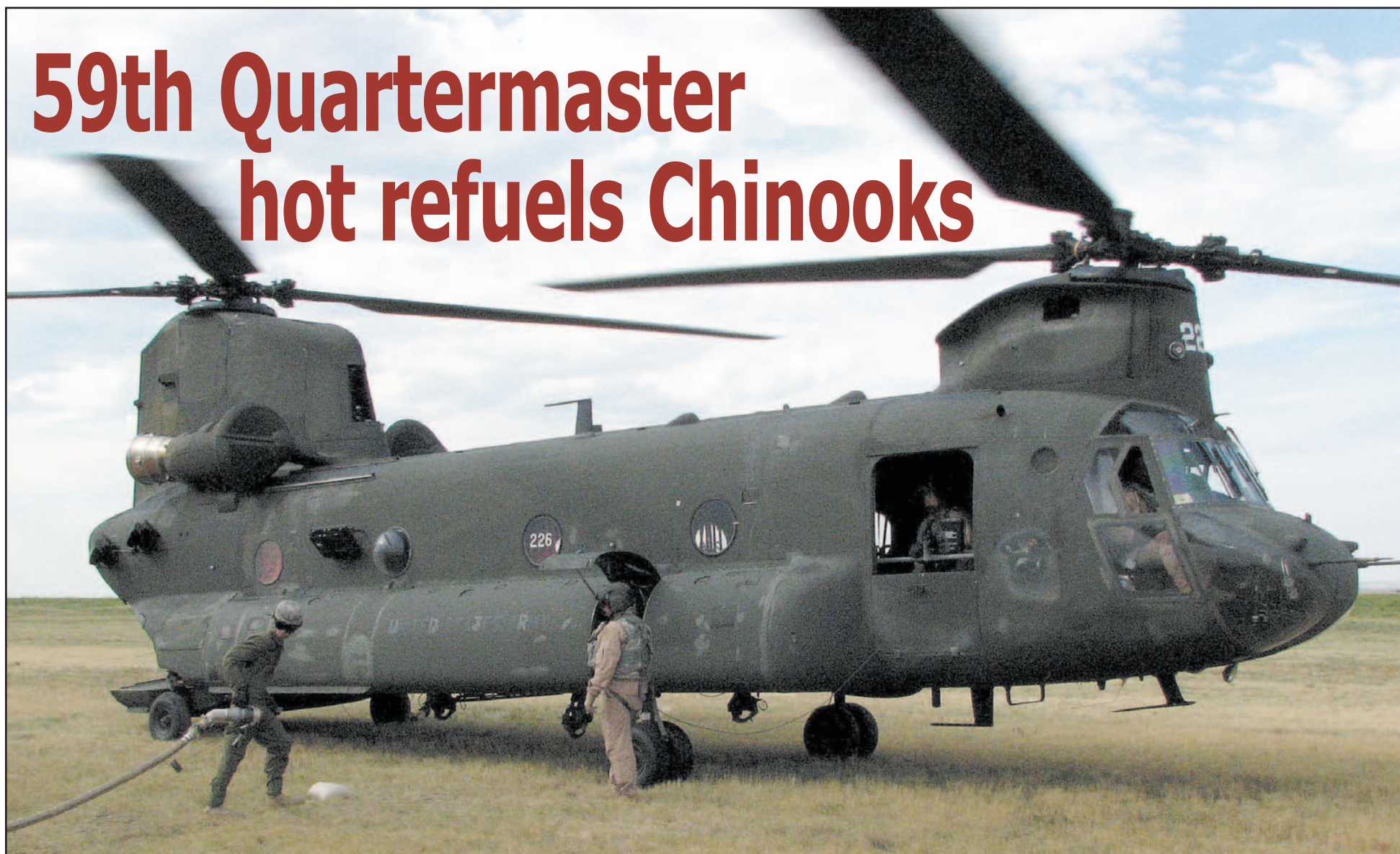
"As a Soldier, whether you're an infantryman or a supply guy, you still have to have critical thinking skills," said King. "We try to help develop them here because medicine is 10-fold when it comes to critical thinking. You have to take patients down the right road because they will live because of what you do and they'll die because of what you do. It's all about making the right decisions. We're stressing them (the students), and hoping that with the training they've received, they rise to the occasion."

Future plans for the MSTC include the construction of four outside training lanes using shells of vehicles and visual and sound effects to simulate combat situations. Students will have to perform emergency first aid on "victims" as they try to evacuate them from "hostile" environments.

Any medics needing EMT training or unit leaders wanting to schedule CLS courses can call the MSTC at 526-2820. A link to the MSTC will be on the Fort Carson Web site soon.

COMMUNITY

59th Quartermaster hot refuels Chinooks



Above: Spc. Richard Fishburn, Line Platoon, 59th Quartermaster Company, 68th Combat Sustainment Support Battalion, 43rd Area Support Group, left, pulls a fuel hose towards a CH-47 Chinook helicopter to hot refuel it at Butts Army Airfield Monday.

Right: Spc. Aaron Venson, Line Platoon, 59th QM, detaches the fuel hose after a hot refuel.

Below: Spc. Auriel Smalls, 59th QM, middle, holds the fuel hose during a hot refuel, assisted by a flight engineer from the Chinook crew. Spc. Ervin Chastain, 59th QM, right, remains at the ready as a fire guard.



Story and photos by Rebecca E. Tonn
Mountaineer staff

The CH-47 Chinook helicopter slowly flew into the Echo Sod area of Butts Army Airfield Monday, circling north and banking east to the Forward Arming and Refueling Point.

Soldiers from Line Platoon, 59th Quartermaster Company, 68th Combat Sustainment Support Battalion, 43rd Area Support Group ran towards the Chinook, crouching beneath the tandem, 60-foot contra-rotating rotors. Downdraft flattened the grass and kicked up dirt for 75 yards in all directions.

Regulations require both pilots to remain in the Chinook during a hot refuel — in which the engines and rotors are running — and for flight engineers and any passengers to disembark.

After the flight engineer opened the fuel hatch, Spc. Richard Fishburn, Line Platoon, hoisted the 2-inch-diameter fuel hose to the fuel tank. Then Fire Guard Spc. Juan Santos signaled Pfc. Brandon Lile, who stood next to a Heavy Equipment Mobility Tactical Truck, 200 feet away, to hit the fuel switch.

Two HEMTTs held 2,500 gallons of fuel each and nearby tankers each held 5,000 gallons of fuel. The first Chinook to land took 863 gallons of fuel; the second needed 870 gallons. Each hot refuel took about 12 minutes.

The 59th QM is providing hot refuels for Company B, 3rd Battalion, 126th General Support Aviation Battalion, a National Guard unit from New York and Maryland, which is training at Fort Carson for three months. Capt. William Hummer, commander of Company B, 3-126th Battalion, said the 59th QM is providing a valuable service for his company.

“If we had to shut down (the engines) for

Community briefs

Miscellaneous

Red Cross Water Safety Instructor class — is Aug. 1-10, from 10 a.m.-2 p.m., at the Indoor Pool, building 1446. Cost is \$125 plus the book fee. Participants must be 16 years old before the last day of class. Registration is July 23-27, from 7 a.m.-2 p.m. at the Indoor Pool or call Stephanie Kowaluk at 526-3107.

Career Launch Program for youths — is Monday-Aug. 3, from 1:30-2:45 p.m. at the Youth Services Center. Come jumpstart your career, set goals, explore various careers, build a resume and tour a college campus and a job site. Call the youth center at 526-2680 for more information.

Donated annual leave needed for Fort Carson civilian employees — Helen Crow, who worked at Fort Carson's Garrison Resource Management; May Harris, Army Community Service; and Barbara Dowling, Directorate of Information Management, had medical emergencies and have exhausted all available leave.

Crow, Harris and Dowling have been accepted in the Voluntary Leave Transfer Program. To donate annual leave, call or e-mail Connie Griffin, Garrison Resource Management, at 526-1839 or Connie.Griffin1@us.army.mil to obtain form OF-630A: "Request to Donate Annual Leave." Griffin's fax number is 526-1838.

Dinner and a movie at the Special Events Center — is Thursday, Aug. 2 and Aug. 9. The first 500 guests receive a free dinner at 6 p.m. and watch a movie on a 25-foot screen at 6:30 p.m. Enter to win a Microsoft Xbox 360. Call the Directorate of Morale, Welfare and Recreation at 526-4494 for more information or visit the DMWR Web site at <http://mwr.carson.army.mil>. The schedule is on page 24.

Cub Scout Pack 264 on Fort Carson — offers activities for boys in the first-fifth grades, including sports and academics, that help families teach ideals such as honesty, good citizenship and respect. For information on joining Pack 264, contact Cindy Mathis at 559-8886 or cubscouts264@yahoo.com.

Peterson Air Force Base's west gate — will be closed July 30-the end of October for construction. During this time, the north gate will be open 24 hours a day, seven days a week, and the east gate will be open 5 a.m.-10 p.m., Mondays-Fridays, and 6 a.m.-10 p.m. weekends.

Fountain-Fort Carson School District 8 —

will have a regular meeting July 31 at 6 p.m., in the board room of the Central Administration Building at 10665 Jimmy Camp Road, Fountain. The agenda can be viewed at www.ffc8.org or at the administration building.

Spouse Support Group — Are you feeling lonely, anxious or fearful about this deployment? Join this group of caring spouses. To register call Army Community Service at 526-4590. Free child care is available for registered children. The support group meets Tuesdays from 12-1:30 p.m. at the Family University, building 1161.

Exceptional Family Member Program workshop: School Advocacy 101 — Army Community Service will host a workshop, to assist families of children with special needs, Aug. 15 from 6:30-9:30 p.m. at ACS's Family Readiness Center, building 1526. Registration deadline is Aug. 8. Information about being an advocate for your child or children will be provided, including: special education laws, rights and responsibilities; Colorado special education process; tactics and strategies for effective advocacy; and available community services and support.

Seating is limited; to register or for more information call ACS at 526-4590.

National Military Family Association's Family Award — is given to 12 servicemember families that exemplify the best of the military family lifestyle. Each month, one winning family will receive \$500 and a \$250 donation to the charity of its choice.

In June, one family from the previous 12 months is chosen as Family of the Year, which includes \$1,000, a trip to Washington, D.C., a reception with key military leaders and program sponsors, and \$500 to the charity of its choice.

Eligible families include: active duty, reserve or retired components or families of servicemembers injured in the line of duty within the past three years, even if the servicemember has since been discharged.

Anyone can nominate; only online nominations will be accepted. For more information or to nominate a family go to www.nmfa.org and click on the blue NMFA Family Award icon on the right side of the home page.

Job openings — Fountain-Fort Carson School District 8 has job openings for food service workers for 2007/2008. Call 382-1334 or apply in person at 11355 Old Pueblo Road, Fountain.


Neuro Support Group — Head-Way is a support group of independent adults who have experienced a neurological event (traumatic brain injury, cerebral vascular accident, tumors, etc.) and meet to socialize. Head-Way meets Wednesdays, from 11 a.m.-1 p.m. at Fargo's Pizza Co., 2910 E. Platte Ave. For more information call Valerie Gardner with Memorial Hospital Adult Rehabilitation at 365-1264.

Military Spouses Support Group — meets Tuesdays from 2:30-4 p.m. at Evans Army Community Hospital, fourth floor, room 4846.

Learn more about: communication difficulties, coping with a spouse's mental health issues, coping with loneliness, combat stress and post-traumatic stress disorder, readjustment issues, single parenting, depression, stress, anxiety and other hardships. For more information call Dr. Jacqueline Delano at 526-7013.

Alcoholics Anonymous meetings — are held each Wednesday from 7-8 p.m. at the Colorado Inn, corner of Sheridan Avenue and Woodfill Road, building 7301, room 203. Call 322-9766 or 471-1625 for more information.

Fort Carson's Mayoral Program Presents



NIGHT OUT 2007
POLICE-COMMUNITY PARTNERSHIPS
TUESDAY, AUGUST 7
4:00P.M. TO 8:00P.M.
MILITARY HOUSING AREAS


- ⇒ Site 1: Apache / Sioux Village Area by Belcher and Harr Ave
- ⇒ Site 2: Choctaw / Cherokee Village by CYS Youth Center
- ⇒ Site 3: Cheyenne / Ute Hill Village by Kwajalein and Manila Road
- ⇒ Site 4: Navajo Village by Southwest Child Center (Golf Course Area)




COME JOIN OUR NEIGHBORHOOD BBQ AND "TAKE A BITE OUT OF CRIME"

- ◆ Crime Prevention/ Drug Awareness
- ◆ Family Activities & Community Information
- ◆ Kids Finger Printing
- ◆ Neighborhood Watch Program
- ◆ DUI Goggles Experience
- ◆ Fire Safety Awareness
- ◆ Food, Fun & Entertainment

For details, call (719) 526-4590

Parents are required to sign a waiver prior to their children participating in any rides



Ongoing road closures — Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson's Directorate of Public Works Traffic Engineer, Rick Orphan, at 526-9267 or Fort Carson's Army Corps of Engineers Transformation Resident Office, Maj. John Hudson, at 526-4974.

Claims against the estate — With deepest regrets to the family of Spc. Robert D. Varga, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Ingram Welch at 439-9005.

With deepest regrets to the family of Pvt. Francisco Valenzuela-Escoto, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Brian Korver at 979-777-4976.

With deepest regrets to the family of Sgt. Eric A. Lill, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Ricardo Ocasio at 526-8890.

With deepest regrets to the family of Sgt. Giann Carlo JoyaMendoza, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 2 Jeremy M. Carlson at 238-3077.

With deepest regrets to the family of Spc. Shin W. Kim, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Ricardo Ocasio at 526-8890.

With deepest regrets to the family of Spc. Steven Alexander Davis, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 3 John D. Varner at 526-3340.

With deepest regrets to the family of Staff Sgt. Robb L. Rolfing, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 2 Kevin Wells at 524-3343.

With deepest regrets to the family of Pfc. Cory Francis Hiltz, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 3 David Macuich at 526-0328.

With deepest regrets to the family of Sgt. William Edward Brown, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 2 Shane C. Lane at 526-0237.

With deepest regrets to the family of Sgt. Jason Michael Martinez, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer 3 John D. Varner at 526-3340.

Correction

We incorrectly ran the wrong caption with this photo in the July 13, 2007 issue. We apologize for the mistake.

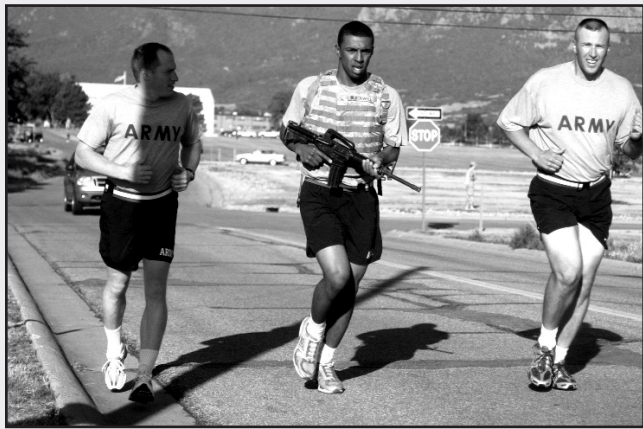


Photo by Spc. Paul J. Harris

It should have read: With a man of God on his left and his first sergeant on his right, Pvt. Myron Blackwell, Headquarters and Headquarters Battery, 3rd Battalion, 29th Field Artillery, has all the motivation he can handle during the Striker Iron Soldier competition at Fort Carson. To his left is Chaplain (1st Lt.) Charles Estanol, 3rd Bn., 29th FA, and 1st Sgt. Richard Larson, HHB, 3rd Bn., 29th FA.

'Financially Fearless by 40'

by **Rebecca E. Tonn**
Mountaineer staff

Soldiers and Family members attended a financial management class taught by Fred Lewis, debt manager for Army Community Service, at Family Readiness Center July 12.

The class was based on insights from the book, "Financially Fearless by 40," by Jason Anthony.

Lewis told the class, "Go back and look at your annual income for the past five years. How much of it has slipped through your fingers? We have to identify why we spend money the way we do. Usually, we spend because we are emotionally rescuing ourselves."

Lewis explained that people usually get their ideas about money and how to save or spend it from the families they grew up in. If someone felt deprived as a child — only had one pair of shoes or did not have enough to eat, for instance — he or she may spend recklessly as an adult. Ironically, such behavior frequently causes

financial hardship instead of financial stability.

"A lot of people think: 'the more money I make the happier I'll be,' but behind closed doors, they are living the American nightmare, trying to keep up with the Joneses," Lewis said. If people identify their financial personality type and what triggers spending spree, they will have an easier time staying within a budget.

"If you are married, you need the power of agreement. Usually a marriage has one saver and one spender. I tell couples that the spender has to submit to the saver. But there cannot be a dictatorship in marriage. The two must have agreement. If you fall off the plan," Lewis told the class, "don't beat yourself up and start a cycle of hopelessness

— just get back on the plan."

Lewis shared that he and his wife have a pact to get each other's permission before spending more than \$100 on an item. "Couples should not talk about money everyday. It only adds to the stress," he said. Instead, set aside time once a week to pay bills and discuss financial concerns and plans.

Another key to budgeting is to do what makes sense: Make wise decisions. "Don't buy a computer at the mall; you'll pay \$2,700 instead of \$700," said Lewis.

Lewis recommended limiting a mortgage payment to 28 percent of one's net income (not gross income) and car payments to 15 percent of net income.

He also said couples should live off one income and save the rest.

It is possible to pay off a mortgage in five-seven years by using 10 percent of one's net income and

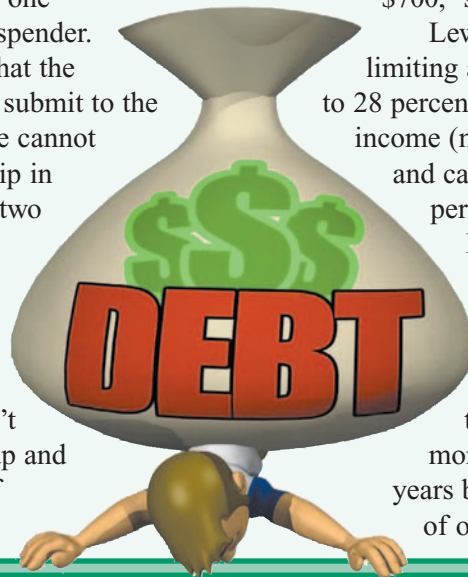
putting it towards the principal of a mortgage each month. Most people can trim 10 percent off their combined food and clothing budgets by shopping carefully and avoiding impulse buying, Lewis said.

Sgt. Derante Williams, 2nd Squadron, 9th Cavalry Regiment, 3rd Brigade Combat Team, 4th Infantry Division, attended the class with his wife Renita and son Keenan. Williams was glad he attended and thought the information would also be useful to other Soldiers in his squadron.

He said the most helpful part of the class was learning how to pay off a mortgage (in five-seven years) and what percentage of one's net income to spend on a mortgage.

Lewis said the staff at ACS' Financial Readiness Center is available to educate Soldiers and families about finances and budgeting.

"If people are educated, we don't have to advocate for them. I give my clients a strategy to get out of debt. I help people come up with a plan. No matter your financial situation, you can recover," Lewis said.



'Kid's Chat' helps families deal with deployments

**Story and photo by
Michael J. Pach**

Mountaineer staff

Many children in the Fort Carson community go to bed at night with one or both of their parents deployed. Parents who are

home may have gone on multiple deployments, making family life and child development difficult.

Army Community Service's Family Advocacy Program started a program last fall called "Kid's Chat" which is designed to help children and their parents cope with the

stresses of deployments. The program allows children to discuss their emotions and concerns in a safe environment, and parents are provided insights and strategies on how to deal with potential problems.

Kid's Chat is open to any unit on post and sessions are normally coordinated with a unit's Family Readiness Group leader prior to deployment.

Sessions are held at Family University, building 1161, at Ellis Street and Berkeley Avenue. Once a group arrives, it is divided into smaller groups: adults, and children aged 5-8, 9-12 and 13 and older. Each group is then assigned an FAP counselor who leads discussions and activities that last about an hour.

Parents are usually taken to Provider Chapel for their discussion so the children will feel more at ease talking about their feelings and worries.

"It's amazing some of the insights these kids give you when you start talking to them without mom or dad around," said FAP Counselor Darryl Thomas. "Sometimes they just

don't want to open up to their parents, and it's easier for them to relate to somebody who is outside the household. At first the kids are sort of shy, then they gradually start to listen, and you gain that rapport with them. They start telling you exactly how they feel as well as things they like and things they don't like. All of the instructors here deal with children really well. We come down to their level and when they relate to you, you got it."

During a recent session with Families from the 759th Military Police Battalion, Doug Lehman, FAP counselor, shared some advice with parents.

According to Lehman, children feel safe when in familiar territory, so he suggested parents set and stick to routines at home. He also said that it's OK for children to have strong feelings and that parents need to help children deal with them so they can develop coping skills and handle stress.

He recognizes that parents need to take care of themselves so they can take care of their children. He said that children start having problems when parents start to fall apart and



Kim Garza, left, and Sabrina Burgess, right, with the Family Advocacy Program, work on a craft project with Joshua Hoffman, left front, and Caleb Jackson that helps the children express their feelings about their dads' deployments.

Chapel

Protestant Women of the Chapel — is on its summer schedule. Meetings will be in Ironhorse Park Tuesday and Aug. 7, from 11 a.m.-1 p.m. Children are welcome. Bring a sack lunch. For information call Jennifer Hinz at 559-5103. Please check the chaplain's page on the Fort Carson Web site for other summer events.

New Sunday evening Mass — There will be a Sunday evening Soldiers' Mass at 6 p.m. at Soldiers' Memorial Chapel. This is on a trial basis through Sept. 16.

AWANA — is an international, nondenominational organization whose goal is to reach boys and girls with the gospel of Christ and train them to serve him. AWANA on Fort Carson is sponsored by the Fort Carson Chaplain Program.

The Fort Carson AWANA Club has adjourned for the summer. For more information, call Stacy Chapman at 382-3970.

Native American Sweatlodge — The sweatlodge was established on Fort Carson about 11 years ago for the primary benefit of military, Family members, civilian personnel and Native Americans. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Anyone interested in attending should contact Charlie Erwin 382-8177, or Zoe Goodblanket at 442-0929 for more information and directions.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Hartz/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-5973
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-5973
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Hartz/526-8011
Tuesday	6 p.m.	Adult Bible Study	Soldiers'	Nelson & Martinez	Mr. Love/526-5229
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Lesh/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoaan	Veterans'	Titus	Chap. Lesh/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

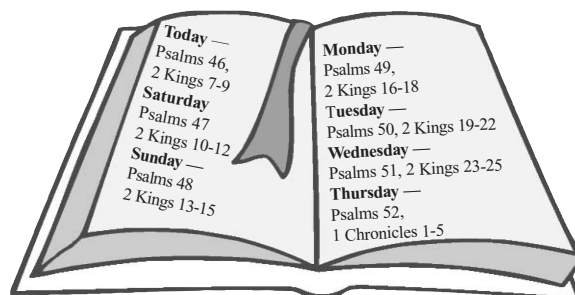
WICCA

Monday	6:30 p.m.	Building 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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NATIVE AMERICAN SWEAT LODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177 or erwincl@msn.com; or Zoe Goodblanket at 442-0929.

Daily Bible readings: To assist in regular Scripture reading, the following Scriptures are recommended. These Scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer.

Please pray this week for the following:

Unit: For the Soldiers, families and leaders of the 75th Ranger Regiment, headquartered at Fort Benning, Ga., and for rangers supporting worldwide operations.

Army: For the thousands of dedicated Soldiers, noncommissioned officers and officers, past and present, who have served the Army as Rangers.

State: For all Soldiers and Families from the state of Utah. Pray also for Gov. Jon Huntsman, the state legislators and municipal officials of the Beehive State.

Nation: Give thanks for the

freedom of assembly. Give thanks that in America we can meet freely to debate and deliberate about our interests. Pray that as our people gather together in groups large and small, their purposes will always be to enrich and strengthen the fabric of our nation.

Religious: For the Soldiers, families and personnel of the Presbyterian Church in America. Pray also for all chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at usarmychaplain.com.

Reconnecting with Ones Spouse: A Practical Model

Commentary by 1st Lt. Joshua Israel

Chaplain candidate

During Jesus Christ's three-year ministry, many of his disciples were married (1 Corinthians 9:5). Undoubtedly, Jesus' disciples spent long periods of separation from their spouses. Fast forward 2,000 years and similarities arise for Jesus' disciples and military spouses today. Loneliness, frustrations, heartaches, tensions, hurts, loss of communication and child rearing were as much of a factor then as now. Reconnecting with ones spouse after a deployment, field training exercise or temporary duty is top priority upon returning to your home station.

Whether you are on a deployment, FTX, or TDY, remember that your tour of duty will end and you will be reunited with your spouse. Jesus' disciples were eventually reunited with their spouses. Reuniting with one's spouse can be a moment of pure joy, crying or a feeling of true oneness. Yet, for others, reunification with a spouse may be fearful, apprehensive or filled with a sense of not knowing the other individual anymore. For some, secrets abound while the other spouse has been away. Concerning reunification, Song of Solomon 2:16 says, "My beloved is mine and I am his."

In the short-term after official reunification,

spend quality time reconnecting with your spouse. If you have children, it may be wise to send them to visit grandparents, uncles and aunts, or close friends for a few days. Once the children are away for a day or two, take time to reconnect, talk and understand one another. Essentially, rebuild the bond with each other. Weekends are a great opportunity for reconnecting. Take a drive and simply talk with your spouse. Spend the night or a few nights in a getaway destination. Ask him or her about some of past experiences while you have been apart.

Truly understand one another; your partner is the other half of you.

Reconnecting with your spouse in the long-term will take work as well. Developing hobbies or same interests are important aspects for reconnecting with one's spouse. Ask your local chaplains about marriage retreats, outdoor destinations or any other activities your chaplains or

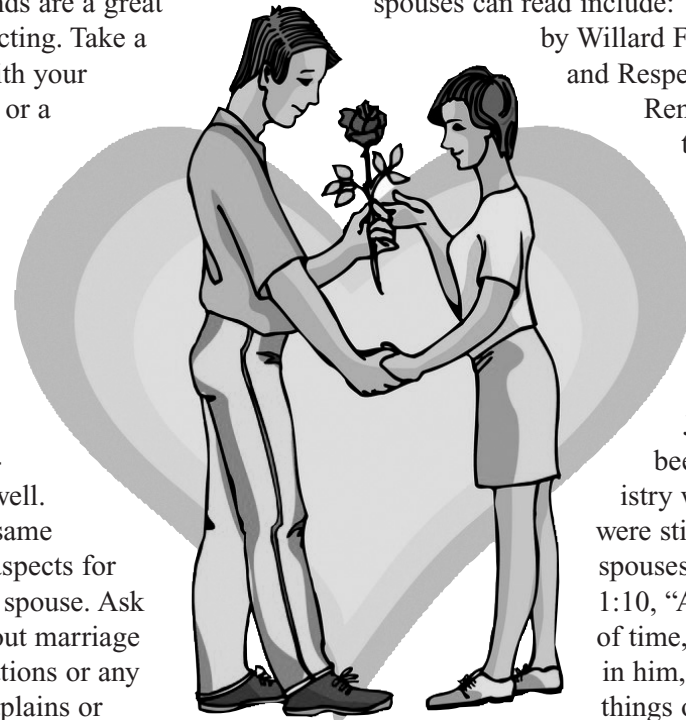
family readiness groups may be initiating. It is also important to have your children involved in these long-term reconnecting activities. The last thing spouses need is for their children to feel that they are left out. Psalm 127:3 states: "Behold, children are a heritage from the Lord." Great relational books spouses can read include: "His Needs, Her Needs"

by Willard F. Harley Jr. and "Love and Respect" by Emerson Eggerich.

Remember, for marriages to succeed it takes the work of both spouses, not just one.

Great marriages take hard work and commitment. Be true to the spouse God has graced you with.

Jesus' disciples may have been on a three-year ministry with their Lord, but they were still connected with their spouses. Paul states in Ephesians 1:10, "As a plan for the fullness of time, to unite all things in him, things in heaven and things on earth."



Refuel

From Page 11

a cold refuel, it would take one and a half hours per helicopter. This allows us to double our flight time,” Hummer said.

Hummer said getting hot refuels also simulates



Pfc. Brandon Lile, 2nd Section, Line Platoon, 59th Quartermaster Company, 68th Combat Sustainment Support Battalion, 43rd Area Support Group, gauges how much fuel remains in the Heavy Equipment Mobility Tactical Truck after the 59th QM hot refueled a CH-47 Chinook helicopter at Butts Army Airfield Monday.

combat conditions of refueling at Forward Operating Bases throughout Iraq. His flight engineers are qualifying on M-240H aviation machine guns, firing from the Chinooks at gunnery Range 109.

Seventy-three Soldiers from Line Platoon, 59th QM, have been on standby at Butts 17 hours per day since July 5, and will continue to perform hot refuels through Wednesday.

“It’s a good experience for the Soldiers — it’s always good to cross train,” said 1st Lt. Nelson Tamas, executive officer of the 59th QM. The 59th has done four to eight hot refuels per day on one to two Chinooks at a time since July 5, and 35 Soldiers will be trained after this mission, Tamas said.

Military occupational specialties in Line Platoon include petroleum supply specialists, engineers and petroleum laboratory specialists. About half of the platoon has been to Iraq at least once and about half the Soldiers are new to the Army.

Spc. Auriel Smalls hot refueled the second Chinook Monday, her third time to refuel, and was glad for the opportunity to train.

“It’s different from what we normally do. It’s a great experience,” Smalls said.

Santos, fire guard for the first hot refuel of the evening, served in Operation Iraqi Freedom 3 with the 59th QM at a bag fuel farm in Iraq.

“It feels good to learn more about my job. It’s (also) a change of pace from my MOS (92F, petroleum supply specialist),” Santos said.

Commander of the 59th QM, Capt. Anthony Leach, said the hot refuel training is exhilarating.

“The Soldiers are excited for the opportunity to run this mission. We are a bulk petroleum unit and capable of doing many different things. My Soldiers always show a sense of pride in everything they set out to accomplish,” Leach said.

Kid’s Chat

From Page 14

recommends taking a break by using babysitters and keeping involved with the FRG.

Lehman also suggested avoiding what he calls “catch-up discipline” when the parent at home uses the “wait until your father/mother gets home” line as a threat.

During the same session with the 759th MPs, Kim Garza, FAP counselor and Sabrina Burgess, FAP administrator, participated in activities with young children that allowed them to express their thoughts and feelings.

Garza and Burgess lead the children in a craft project that deals with emotions and played a game that helped the children recognize good things about their parent who was leaving. They read books about Iraq because the children were confused as to whether or not there was water or hospitals in Iraq and if everyone was a “bad guy.” They also read a book entitled “My Dad’s in Iraq but I Want Him Back.”

“If dad is deployed it’s important for children, especially boys, to have a male influence,” said Garza, and she suggested that a brother, uncle or grandfather spend time with them and to get boys involved in sports and male activities.

According to Thomas, Kid’s Chat has dealt with about 80 children so far, and the program has received approval from commanders postwide. He doesn’t see it losing pace anytime soon.

To schedule a Kid’s Chat session, call ACS at 526-4590.

Family tradition

Navy officer volunteers, deploys with father's Army unit

**Story and photo by
Spc. Courtney Marulli**

2nd Brigade Combat Team, 2nd Infantry Division Public Affairs

**FORWARD OPERATING
BASE LOYALTY, Iraq** — Soldiers take pride in the unit they serve. That pride is passed on to their children, who in turn take up arms and serve their country.

For one Navy officer, serving in combat with the 2nd Infantry Division is not only in homage to his father, but an act that has brought the father and son even closer.

Navy Lt. Scott D. Blue, an information warfare officer with the Naval Information Operation Command in San Diego, is currently serving as a battle captain and electronic warfare officer with the 2nd Battalion, 17th Field Artillery Regiment, 2nd Infantry Brigade Combat Team, 2nd Infantry Division.

Blue, of High Point, N.C., comes from a lineage of military men who served with honor. His father and grandfather were artillerymen in the Army. One of his uncles was also an artilleryman. Another uncle served in the Navy

and another served in the Air Force and retired as a lieutenant colonel.

His father, Albert Blue, served during the Korean War with the 37th Field Artillery Regiment, 2nd Infantry Division. His grandfather served in World War I and two uncles served in World War II. Serving with an artillery battalion in the same unit as his father is something Blue takes to heart.

"It's great," he said. "I went home on leave in April and it just so happens my dad was having a 2nd ID reunion."

Blue said he talked to the older veterans about how things were being done these days compared to how they carried out tasks in their day.

Despite the excitement of being home and sharing stories, Blue said his father was extremely excited his son was serving with 2nd Infantry Division and couldn't be happier he's serving with the field artillery.

"He was asking about howitzers and how things have changed," Blue said.

Joining the military was an easy decision for Blue, who has been in the



Navy Lt. Scott D. Blue, a naval information warfare officer from High Point, N.C., volunteered to deploy to Iraq with the Army's 2nd Infantry Division so he could serve with the same unit his father did during the Korean War. Blue is a battle captain with the 2nd Battalion, 17th Field Artillery Regiment, 2nd Infantry Brigade Combat Team.

Saving family time

Family members play integral part to unit readiness

**Story and photo by
Spc. Rodney Foliente**

*2nd Brigade Combat Team,
4th Infantry Division*

As the 2nd Brigade Combat Team, 4th Infantry Division continues to build up and train for a future deployment, family time remains an important theme in Soldier and unit readiness.

Family Readiness Groups are at the forefront of assisting Soldiers and their Families and ensuring Family members integrate into the unit.

“FRGs help bring a sense of togetherness and community to the company and battalion,” said Pfc. Paul Yoshimoto, Company A, 2nd Special Troops Battalion, 2nd BCT, 4th ID.

“It lets your family know that everyone in the unit is there for them,” continued Yoshimoto, whose wife is a member of the 2nd STB FRG. “It also provides an opportunity for spouses to get to know each other.”

The FRG benefits the Families and Soldiers, and therefore the unit, said Mollie Yoshimoto, who also works for Child and Youth Services. Although the brigade isn’t deploying yet, she said it is important for

FRGs to be active now.

“My husband goes through pre-deployment training so they can be ready to do their jobs out there. We also prepare for their deployment,” said Mollie. “Getting to know the other family members and Soldiers and preparing in advance is like the same thing for us. The sooner we start and the more active we are, the better it is for the unit and its Soldiers.”

Yoshimoto and his wife said they felt it was important to be actively involved in the unit, and that Family member participation is important to help build cohesion and camaraderie within the unit.

“It’s like we’re a big family,” said Mollie. She said she firmly believes that Family members are part of the unit team, “because whatever the unit does, we’re impacted.”

“The FRGs are doing a lot to strengthen unity between spouses and Soldiers by keeping them involved and informed,” added Yoshimoto. “It’s a good way to find out more of what’s going at the company and battalion level.”

FRG groups contribute a lot to the unit and the unit in turn takes care of the families, said Mollie. Apart from holding regular meetings, the 2nd STB FRG group recently conducted bake sales and fundraisers to support the battalion’s organizational day, which they also helped coordinate in conjunction with the command staff.

“The purpose of the organizational day was to allow Soldiers and their Families to get together and help build relationships with each other to strengthen the unit,” said Maj. Austin Appleton, executive officer, 2nd STB, 2nd BCT, 4th ID.

“Families are important to the unit,” said Appleton. “With Soldiers recently returning from Iraq and the unit’s recent relocation to Fort Carson, it’s important that our Soldiers and Families have time together and strengthen each other. When our Families are strong, we are strong.”



Soldiers’ children from 2nd Special Troops Battalion, 2nd Brigade Combat Team, 4th Infantry Division, enjoy free horse rides at the 2nd STB’s recent organizational day at Turkey Creek Ranch.

COWBOY UP

Story and photos by Michael J. Pach
Mountaineer staff

Pikes Peak or Bust Rodeo honors Fort Carson



Soldiers and their Families enjoyed cowboy-style food prepared during the chuck wagon cook-off before Saturday's rodeo kicked off.



This bronc doesn't like the idea of having a cowboy on its back.

The 67th annual Pikes Peak or Bust Rodeo honored Fort Carson Saturday as cowboys and cowgirls competed in events such as bull riding, steer wrestling, bronco riding, mutton busting, tie-down roping and barrel racing at the Norris-Penrose Events Center Arena.

The day's events began with a chuck wagon cook-off featuring cowboy vittles cooked in iron pots over campfires. Fort Carson Soldiers and their Families were treated to beef stew, beans, cornbread, biscuits and peach cobbler.

Fifty Soldiers were honored prior to the start of the rodeo with Rotary medallions in a "Salute Our Troops" ceremony sponsored by the Rotary Club of Colorado Springs InterQuest, USAA, RS Information Systems, Minuteman Press, the Colorado Springs Military Newspaper Group and the Colorado Springs Chamber of Commerce.

The Fort Carson Mounted Color Guard presented the colors during an opening ceremony as Harmony in Motion sang the national anthem. During his opening remarks, Maj. Gen. Robert W. Mixon Jr., commander, First Army, Division West and Fort Carson, asked those in attendance to keep in mind the Soldiers overseas who are fighting the Global War on Terrorism. Four teams from Fort Carson and one from the U.S. Air Force Academy participated in a wild-cow milking contest. For the second year in a row, Fort Carson's World Class Athlete Program team won by being the first ones to secure its cow and get milk from her into a bottle. The WCAP team was made up of Sgt. Jess Hargrave, Sgt. Joshua Habeck, Sgt. Oscar Wood and Spc. Jermaine Hodge. The festivities ended with a freestyle motocross motorcycle exhibition by Pro-Tour HMX and a country-western concert.



Soldiers stand in line after receiving Rotary medallions during the "Salute Our Troops" ceremony.



A bull catches some serious air as he tries to toss a cowboy off his back.



A cowgirl rides her horse through the barrel-racing course.



A cowboy leaps from his horse to wrestle a steer.

The opening ceremony of the Pikes Peak or Bust Rodeo gets under way at the Norris-Penrose Event Center.




Out & About

July 21 - 27, 2007

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FREE! NO TICKETS REQUIRED!
TIME & DATE: Aug 4 at 7 p.m. and Aug 5 at 2 p.m. and 7 p.m.
LOCATION: McMahon Theater, for information: 526-4494

FREE DINNER AND A MOVIE



5 July 12 July 19 July



26 July 2 August 9 August

Fort Carson Special Events Center
Dinner served at 600 p.m. ~ Movie starts at 6:30 p.m. For more information: 526-4494

FREEPAC Community Summer Party and BBQ



**28 July 2007
4:00 - 8:00 PM**

Feature of the Day - The Exotic Petting Zoo!

There will be animals from all parts of the world: South America, Asia, Africa, Europe, and Arctic North. Bring your camera and take pictures of these amazing creatures!

- Live Music and Dancing
- Sports Challenge
- Wacky Trikes
- Balloon Art
- Face Painting

Free Food Free Fun!




Catered by "BBQ by Mike"

Info: 526-1867

At the Freedom Performing Arts Center, Bldg 1129
at the corner of Specker and Ellis

Whitewater Rafting Trips





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Experience a wild ride through Big Horn Sheep Canyon on the mighty Arkansas River! You'll be a key element as your guide calls out commands and steers you through some of Colorado's most classic rapids.

Only \$35 per person

Spots fill up quickly so reserve your slot today!



No experience is necessary (individuals must be able to swim and weigh at least 50 lbs).

Info: 526-5366

Outdoor Recreation Complex - Bldg 2429 Specker Ave

Tradition

From Page 19

Navy for 21 years. He spent 16 years enlisted there serving as a naval diver for eight years and as a signal intelligence analyst for the other eight years.

His father and grandfather served in the Army, a love of water drew Blue to the Navy.

Enjoying the military life, Blue decided to advance to the next level. Getting a direct commission as a limited duty officer, Blue then became an information warfare officer, which he has done since 2003.

"I wanted to ensure I could stay in as long as possible, and there's more opportunity I felt, and I had the choice," he said.

Blue got the chance to go to Iraq when the Army sent out a request for forces. The Navy asked for volunteers or for command-filled positions for individual augmentees. Blue volunteered to go and when he saw 2nd Infantry Division on the list, he asked to go with that unit. He said he was just lucky enough to end up in a field artillery battalion.

"It's just something I felt I had to do," he said. "I felt I wouldn't have lived a full life if I hadn't experienced some of

the things my dad had."

Blue arrived in Baghdad in January and spent his first three months getting a grasp on the responsibilities bestowed upon an Electronic Warfare Officer. Even though he was new to the position, Blue quickly learned his role and began asking for more responsibility.

Soon thereafter, Blue found himself in the position of battle captain "It makes me a force multiplier," Blue said, of how he frees up another officer to be able to work with the operations section.

Blue has succeeded in life as he is living his life's dream of being in the military. He would have joined the military right after high school, but his mother wanted to ensure her children were educated first. He said his mother told them they had to attend college for at least a year before they went off and did something else. He is currently working on his bachelor's in management.

All of his experiences, especially his combat experiences, have brought he and his father even closer.

"We can relate so much more," he said. "I used to ask about his war experience. It's different now because we both have been there and share a lot of the same experiences."



Photo by Michael J. Pach

Haymes pavilion complete

From left, Doug Clark, Matt Trujillo, Dan Dirksen and Chris Lindquist of Colorado Springs Utilities unload wood while constructing the pavilion at Haymes Reservoir. CSU employees, through the Community Focus Fund, worked with the Directorate of Environmental Compliance and Management to volunteer their time to complete this project. Volunteers worked for six consecutive weekends to complete the construction on June 16. "I'm happy as can be," said Karl Shafer, CSU team leader. "I think it's an honor to give back to the troops. They're giving us everything, and we're giving them a few weekends. Every volunteer feels the same. It's a small thing to give back."

SPORTS & LEISURE

Softball team has Purple Hearts

by **Walt Johnson**

Mountaineer staff

When the 3rd Squadron, 61st Cavalry, 2nd Battalion 4th Infantry Division softball team showed up at the Mountain Post Sports Complex Monday, it did so with an undefeated record and the swagger of a championship team in the making.

Monday would turn out to be a different day for this team, though, as it suffered its first defeat of the season, 12-11, to the Forward Support Company, 1st Battalion, 8th Infantry Regiment, 3rd Brigade Combat Team, 4th Infantry Division on a clutch base hit in the bottom of the seventh inning.

According to Tom Behling, FSC coach, the FSC played its best game of the season in part because it finally had all its players. Behling said his team had many opportunities to win the game sooner than it did, but bad base running and some errors allowed the Cavalry team to stay close all night.

The loss by the Cavalry team took away its chance for an undefeated season, but did nothing to turn the team's attention from what it knows is important—that is thinking about their brothers and sisters who are in Iraq, fighting to defend our nation. While every team has members of its unit in Iraq or other places around the world, the Cavalry team has a different perspective on the war because of its unique make up. The Cavalry team has, at one time, had three members of its team who have been awarded Purple Hearts while serving

in Iraq and has sustained a number of losses in people since the deployment began four years ago.

Currently two members of the team are playing with severe injuries suffered in Iraq. Daniel Tingle was injured in a mortar attack in January and lost 60 percent of his left foot with shrapnel still in his right foot. Levy Robinson suffered a torn Achilles tendon, broken ribs and a torn rotator cuff while serving in Iraq. Many of the other team members are also Iraq Freedom veterans and that is part of what makes this team special said Roxanne George, the team's coach.

“Most of the people here are injured from being in Iraq. Our guys are a mixture of many units, but they all have big hearts. You have to have a big heart to be on this team,” George said.

Tingle said despite his foot problem, he only wants to rehab himself to the point where he can return to Iraq with his “brothers and sisters.” He says he misses them and is working hard for the day the Army will allow him to join them again.

“Those guys are busting their butts over there and they are really doing their jobs well. My unit deserves a lot of recognition for what we are doing and all the losses in life that we have sustained over there. I want their Families to know that we may have lost them in person, but we never lose them in spirit. They will always be there with us. They are our brothers for life. We can't replace their sons, their husbands and their fathers, but hopefully the families know that forever we will be their sons,” Tingle said.



Photo by Sgt Zach Mott

Daniel Tingle prepares to bat during the first inning of his team's game Monday.

Mountaineer Sports Feature

Lady Mountaineers win

The Fort Carson Lady Mountaineers came from behind in the bottom of the seventh inning to earn a one-run victory over Max Performers July 11 at Skyview Softball Complex in Colorado Springs.

The victory was significant for Lady Mountaineers coach Cathy Satow, who said this team has been a tough one for their team to beat in recent years.

“I have to admit, for the past few years this opponent has been our equal. But tonight the ladies played great defense, specifically four unassisted put outs by Jennifer Conrad, our left fielder and three unassisted put outs by third baseman Marina Salizar,” Satow said.

The game was tied from the first inning until the beginning of the sixth inning when the Max Performers scored a run, to take a 3-2 lead. The Lady Mountaineers shut down the Max Performers in its half of the seventh inning, helped by a double play turned by shortstop Tasi Mafoe, who cleanly fielded a grounder, threw to second basemen Dixie Roberts, who relayed the pivot throw to first basemen Avril Munz to complete the inning-ending double play.

Roberts began the Lady Mountaineers seventh inning with a single and was pushed to second base on a sacrifice by Sara Robinson. After Beth Soelzer grounded out, Leigh McGurk was intentionally walked and Lisa Lang walked to load the bases. Conrad then placed a hit in a hole in left center field to drive in the winning runs.

“The Lady Mountaineers came together as a team tonight and maintained a steady vigilance throughout the entire game. Our bats were not as good as they could have or should have been, but our ability to maintain a tough, steady defense, determination and ability to come through with the base hits when we needed them truly determined our victory. Every year we start off with new players and at this point I feel that we are really solid as a team. I am proud of the Lady Mountaineers,” Satow said.



Photo by Walt Johnson

On the Bench

Lance Armstrong helps raise funds for children's bicycle event

by **Walt Johnson**

Mountaineer staff

Lance Armstrong, seven-time Tour de France winner, will detail his inspirational story Aug. 9 at the Broadmoor Hotel in support of the Kids on Bikes program.

Tickets are now on sale for the opportunity to hear the living legend according to Colorado Springs Sports Authority officials. Armstrong will deliver the keynote address at the inaugural fundraising celebration to support Kids on Bikes, a local nonprofit dedicated to making the dream of owning a bike—and the freedom and hope that comes with it—a reality for deserving children in Colorado Springs.

The event starts at 6 p.m. with cocktails, followed by dinner and an introduction to Armstrong's address by his longtime personal cycling coach, Chris Carmichael of Carmichael Training Systems. Individual tickets for the celebration are available for \$150 and tables of 10 can be purchased for \$1,500. Sponsorship opportunities, starting at \$5,000, are also still available. Sponsors will not only attend the gala dinner, but also have the chance to participate in an exclusive VIP reception with Armstrong. Tickets and additional information

are available at www.KidsOnBikes.net.

Basketball season is fast approaching and there is a unique opportunity for military women to take part in an exciting and competitive program.

Any woman that is interested in playing on a women's basketball team consisting of Fort Carson women should contact Stephanie Timmons at 337-8888. Tryout dates and times will be established once the interest of women on the Mountain Post has been established. Any woman that is associated with the post is welcome to play on the team. In previous seasons the team has played a very competitive schedule against top-ranked competition in the Colorado Springs area.

The post will be getting ready for its flag football season in the next few weeks.

Any unit that is interested in fielding a team in this year's intramural flag football league should plan to attend an organizational meeting Aug. 13 at 2 p.m. in building 1217. Call Joe Lujan, assistant intramural sports director, 526-6630 for more information.

Forrest Fitness Center will be the site of one of the most challenging fitness events



Photo by Walt Johnson

Rodeo recruiting

Jason Vohs, left, an Army recruiter from Las Vegas, talks to sisters Melissa Houttuin, Ms. Rodeo Missouri, center, and Melinda Houttuin, Junior Ms. Rodeo Missouri, Friday at the Pikes Peak or Bust Rodeo in Colorado Springs. This is the first time Missouri has had sisters as the Ms. Rodeo and Junior Ms. Rodeo.



Photo by Walt Johnson

Rounding third

Company C, 1st Battalion, 68th Armored Regiment, 3rd Brigade Combat Team, 4th Infantry Division Avery Cunningham steams into third and looks to score during intramural action July 12 at the Mountain Post Sports Complex.

Bench

From Page 30

held on post this year when the center's Fitlinxx program will sponsor the Battle of the Directorates July 31 to Sept. 25.

The basic criteria for the program has been released by fitness center officials via global e-mail and participants must sign up at Forrest FC by today.

The program will consist of members completing three exercise sessions each week for the eight week period. To determine the winner of the competition, points will be calculated from each competition goal and the team with the most points will be declared the winner.

In the event of a tie, the tie breaker will be the team with the most body fat lost.

The prizes that can be won by the competitors include: trophies, hats and T-shirts, participation certificates and a major team prize. There will also be individual achievement awards in the "Hot to Trot" (most cardio time), "Blast That Fat" (most weight lost) and "Hercules" (most weight lifted) competitions.

For more information on the program, contact Ann Tsuyama or Cynthia Lucero at 526-2706.

The opening ceremony for the 2007 State Games of America,

which will be held in Colorado this year, is Aug. 2 and will take place at the Colorado Springs World Arena.

In the tradition of the Olympic Games, the State Games of America will feature an opening ceremony to celebrate the beginning of the State Games of America weekend. Olympic Figure Skater Michelle Kwan has been chosen for the honor of lighting the flame that will begin the State Games of America competition.

Tickets for the opening ceremony are available, but going fast. Athletes will receive free admission to the opening ceremony. Spectators can purchase opening ceremony tickets, \$10 for adults, \$5 for youth (18 & under) & seniors (55+) by calling 866-464-2626 or go to www.ticketwest.com.

Doors will open at 6 p.m. with the Opening Ceremony program starting at 7 p.m.

The Peterson Air Force Base Fitness and Sports Center will host a biathlon July 28 at 8:30 a.m. at Peterson Air Force Base.

There is no cost to enter the three-mile run and 15-mile bike competition. There will be prizes awarded. Anyone who is interested in competing in the biathlon should contact the Peterson Special Programs Office at 556-1515 for more information.

Mountaineer Athlete of the Week

Christopher Starks

Sports Position: Intramural softball player

How did you get started in sports?

I started in sports about the age of 5. I started out by playing baseball and then I moved on to begin playing football and running track and field. I even played volleyball and tennis while growing up. I have been pretty athletic my whole life.

What is your best personal sports moment?

My best moment in sports was when I was playing German-American football in 1997 for the Gersthofen Cobras. My first time out with the team I caught our team's first touchdown pass of the year.

What is your best professional sports moment?

My best professional sports moment came when Tony Dorsett, former Dallas Cowboy running back and Hall of Famer, was playing for the Dallas Cowboys and ran the 99-yard touchdown run against the Minnesota Vikings on Monday Night Football.

Whom would you like to speak to in professional sports?

Dorsett was like a family hero to my family. He was the one I looked for because he was doing some good things on the football field and he was the one that kept me motivated to play sports. My family and I loved the Dallas Cowboys and that was our motivation to watch football.

What would you change about sports today?

I don't like instant replay in the game of football and I would get rid of it. Let the referees make the calls. I think it's gotten too technical and I'm old school and I say what they called is what they called.

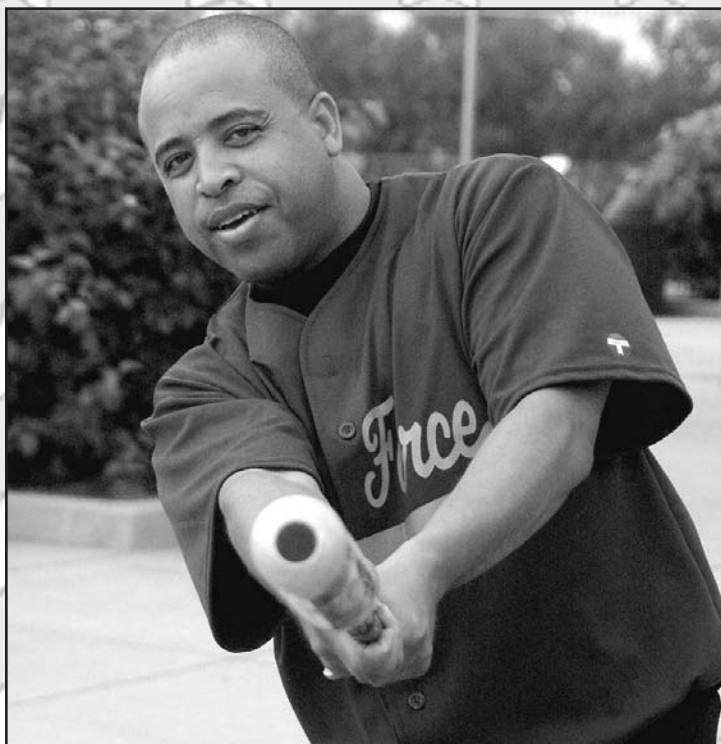


Photo by Walt Johnson

Denver area park offers fun, nostalgia



Story and photos
by Nel Lampe
Mountaineer staff

Lakeside Amusement Park in the Denver area is the kind of amusement park depicted in movies. It's the kind of park your parents or grandparents talk about. It dates back to another time; it's a piece of the past. A visit to Lakeside Amusement Park feels as though you've entered a time warp.

Featured on PBS' "Great Old Amusement Parks," Lakeside Amusement Park is among the oldest amusement parks in the United States.

Lakeside has also been discovered by younger generations who ride old-fashioned attractions they'll later tell their children

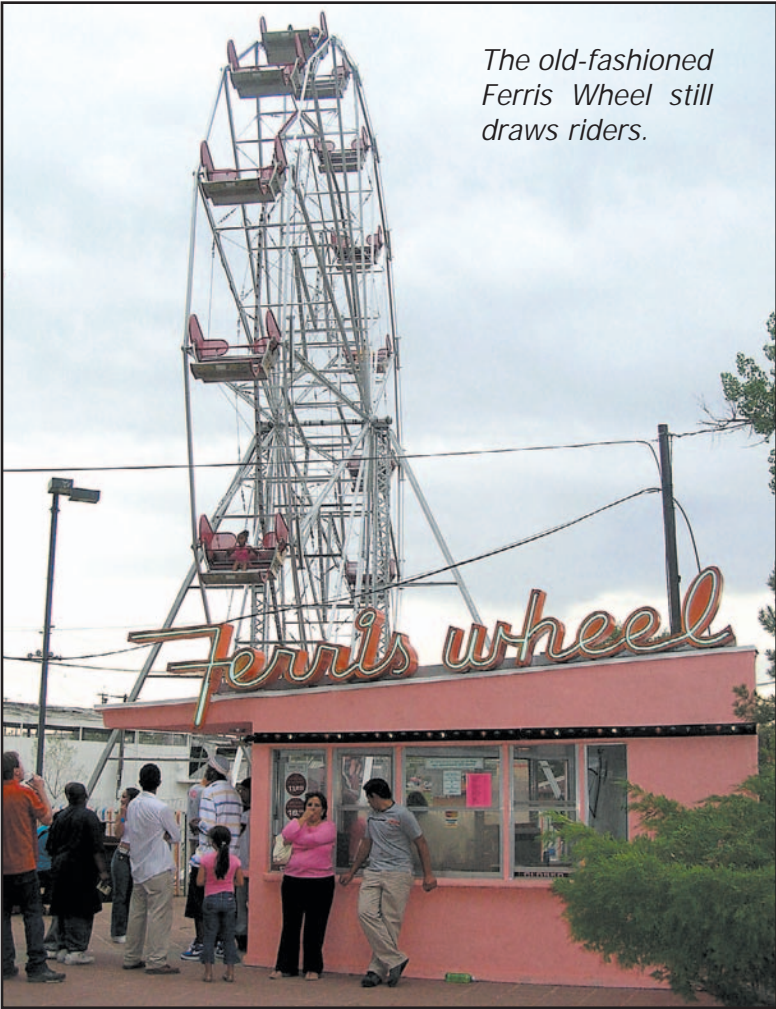
about. Or if their luck holds, Lakeside will still be in operation, and they'll bring their children to ride the Cyclone, the Wild Chipmunk, the Flying Dutchman or another classic ride.

Lakeside Amusement Park has been in business since 1908 and retains much of that old-fashioned flavor, with large trees, lots of paths and park benches, pots of flowers and elaborate neon lights, all reflecting off Lake Rhoda.

The tower is decorated with hundreds of lights and can be seen from miles away. Ornate art deco buildings trimmed with neon lighting lend an air of magic and nostalgia to the park.

The amusement park was called "White City" and has often been compared to Coney Island. It is reminiscent of an amusement park that might be somewhere along the East Coast — especially when a cool breeze comes off the lake.

Remnants of its early-day splendor can still be seen in the park, such as the ornate tower with a huge



The old-fashioned Ferris Wheel still draws riders.

staircase leading to it.

Some of the park's early attractions included a big swimming pool, large buildings housing attractions such as a ballroom, where couples danced to

Perry Como and Tommy Dorsey. The Tickler, The Chutes and the Fun House no longer exist.

But the Auto Skooters,

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Above: The classic wooden roller coaster, the Cyclone, has been an attraction at Lakeside Amusement Park for more than 50 years.



Although the horses are chipped and worn, the Merry-go-round is popular.



Left: The Wild Chipmunk has four cars that run independently, named Dave, Alvin, Simon and Theodore.

Places to see in the Pikes Peak area.



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Lakeside

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Loop-O-Plane and Wild Chipmunk are still there; three coupons each.

It costs four coupons for a ride on the classic wooden coaster, the Cyclone.

Visitors can ride the Tilt-a-Whirl, the Hurricane, Ferris Wheel, Satellite, Rock-O-Plane, Spider or Matterhorn for two coupons.

The Skoota Boats and sports cars take four coupons to ride.

A strip of coupons can be purchased at booths throughout the park; buy as many as you need. Or, riders can buy an unlimited ride pass for \$13.75 week nights and \$18.75 per person on Saturdays, Sundays and holidays.

The antique or Merry-go-round has always been in the park. The paint on the animals on the four-row Parker Carousel Menagerie is chipped and worn from 99 years of use, but it still has its charm.

Two miniature trains continue to take riders around the lake. The engines came from the 1904 St. Louis' World Fair and were brought to Lakeside for its opening. It's a real treat to ride the train after dark, when the park lights up the night.

Children have their own park, "Kiddies' Playland." There are 15 rides for the younger set: children under age 7 and under 100 pounds. The rides include a coaster, Ferris Wheel, Frog Hopper, Horse and Buggy, Dry Boats and Motorcycles. Playland also has a Granny Bug Ride, Space Ride, Canoes, Sky Fighters, Midget Racers, a Whip, Boats, Turtles, and Flying Tigers.

In summer, Kiddies Playland is usually open Mondays through Fridays from 1-10 p.m. It opens Saturdays and Sundays at noon. Kiddies' Playland is popular with young families and day-care groups. Rides for Playland are one coupon each — the equivalent of 50 cents a ride.

But Lakeside's larger rides aren't open in the daytime during the week. The larger rides open at 6 p.m. weekdays and at noon on Saturdays and Sundays.

Children can ride many of the "adult" rides when accompanied by an adult, but there are some height restrictions.

The bigger rides have an admission fee of two-four coupons per ride.

Don't expect stage shows, a water park and high-tech rides; Lakeside has mostly old-fashioned, tried and true rides.

However, the park did add a new ride this year — Zoom! It's a drop tower and is located near the Ferris wheel.



"Kiddies' Playland" has a child-size Ferris Wheel among its rides for children under 7.



Lakewood Amusement Park has an attractive park-like setting, with flowers, old trees, benches, shrubs and pathways.



The trains have been taking riders around the lake for 99 years.

Unlike most amusement parks, "outside food" is allowed at Lakeside. Many families bring picnic meals to eat under the covered pavilion provided.

Food is available at stands in the park. Selections include pizza slices, hamburgers, pretzels, funnel cakes and the like.

The park has a family atmosphere, with a lot of family groups, sometimes including several generations. There are also groups of teenagers and couples. Most visitors seem familiar with the park and quickly head for their favorite rides.

Parking is free at Lakeside in a large, dusty parking lot. After paying the \$2.50 "entrance" fee, find your own parking spot as there are no parking attendants.

There's no formal entrance, just head for the rides. If young children are in your group, head for Kiddieland first.

The park is usually not overcrowded; lines at rides and food stands are relatively short.

The pricing policy is perfect for grandparents or other

visitors who want to be part of the group but don't want to ride. Just pay the admission and purchase tickets as they choose.

Lakeside Amusement Park is near the junction of Interstate 70 West and North Sheridan Boulevard. From Colorado Springs, take Interstate 25 north to I-70, exit at southbound Sheridan Boulevard. The park is at 4601 N. Sheridan Blvd.

It's about 80 miles from Fort Carson. Watch for the golden tower with a dark red roof, day or night.



The ornate tower announces Lakewood to people for miles around.

Just the Facts

- **Travel time:** just over an hour
- **For ages:** all
- **Type:** vintage amusement park
- **Fun factor:** ★★★★★
(Out of 5 stars)
- **Wallet damage:** \$ (entry)
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$80

(Based on a family of four)

Get Out!

Pikes Peak hill climb

The 85th running of the Pikes Peak International Hill Climb is Saturday. Race tickets are half-price (regular price is \$40) for military at the toll gate on Pikes Peak Highway. Get an early start as fans must be above the start and finish line prior to 8 a.m. To reach Pikes Peak Highway go west on Highway 24 to the small town of Cascade, and follow the signs.

Farmers' markets

Farmers' markets in Colorado Springs feature fresh produce, usually Colorado grown. Markets are:

Wednesdays:

America the Beautiful Park, 4-8 p.m., on Cimino, off Colorado Boulevard downtown.

Soda Springs Park in Manitou Springs, 4-6 p.m. through Aug. 29.

Mondays and Thursdays:

Memorial Park, Pikes Peak and Union, 7 a.m.-1 p.m.

Saturdays:

24th St. and West Colorado Avenue, 7:30 a.m.-1:30 p.m., through Oct. 27.

4515 Barnes Road, 7 a.m.-1 p.m., June 30-Sept. 29.

Briargate Parkway. and Chapel Hills Drive., 9 a.m.-1 p.m., through Oct. 6.

Free concerts

Old Colorado City hosts a summer concert series on Thursdays from 5:30-7:30

p.m. through Aug. 17. Concerts are in Bancroft Park, in downtown Old Colorado City, on Colorado Boulevard. The free concerts are from 5:30-7:30 p.m. Bring a picnic and a blanket.

El Paso County Fair

The El Paso County Fair in Calhan begins Saturday and runs through July 28. Calhan is about 40 miles east of Colorado Springs on Highway 94. The fair includes a carnival, petting zoo and arts and crafts exhibits. There are dances, tractor pulls, miniature horses, monster trucks, camel rides, a demolition derby and other entertainment. Gate admission for adults is \$7, \$3 admission for youths. Children under 3 are admitted free. American Heroes Day is July 28, when Soldiers and their families get a \$1 discount. Go online at ElPasoCountyFair.com, to see a schedule.

Colorado State Fair

The Colorado State Fair is Aug. 24-Sept. 3 at the State Fairgrounds in Pueblo. Concerts at this year's fair include Josh Turner, Clay Walker, Daughtry, Weird Al Yankovic, Peter Frampton, Los Lonely Boys and the Doobie Bros., Ted Nugent and the Dodge Rodeo. Concert tickets are at Ticketmaster, 520-9090.

Titanic exhibit at Museum

Denver Museum of Nature and Science has the display "Titanic: The Artifact Exhibition" in the museum through Jan. 6, 2008. This popular exhibit has been traveling around the nation for several years and includes artifacts from the wreckage.

Admission to the Titanic exhibit is \$10 for adults, plus regular admission. Student tickets are \$8 for the Titanic exhibit. Soldiers and their immediate family members receive free admission to the museum with current identification, and will have to pay only for admission to the special exhibit. For more information go to www.dmns.org.

Molly Brown Museum

Denver resident Molly Brown was a survivor of the Titanic disaster, and became known as "Unsinkable." In connection with the Titanic Exhibit at the Denver Museum of Nature and Science, related programs are at the Molly Brown House Museum, 1340 Pennsylvania St. in Denver. An Unsinkable Activities Tent will be on site, and visitors can learn about what Brown packed for her voyage, learn about Victorian-era clothing, participate in trivia games and learn more about the Titanic voyage. Admission to the Molly Brown House Museum is \$6.50 for adults, and \$3 for ages 6-12. Tours of the house are 9 a.m. until 4 p.m. Monday through Saturday. Sunday hours are 10 a.m.-4 p.m.

Soldier Show

The Soldier Show is at McMahon Auditorium Aug. 4-5. There will be a show Aug. 4 at 7 p.m. and two shows Aug. 5 at 2 and 7 p.m. There are no tickets but the show is free, first-come, first-served.

Roller derby

Pikes Peak roller derby, featuring Danger Dolls vs. Candy Snipers, is Saturday at the City Auditorium at 7 p.m. Tickets are \$10 at pikespeakderbydames.com or \$12 at the door.

— Compiled by Nel Lampe

Happenings



Photo by Nel Lampe

Farmers' markets

Farmers' markets are a great place to shop for fresh fruits and vegetables and some markets also have fresh bread, homemade jam, local honey, salsa and other treats. The Old Colorado City farmers' market, pictured above, is open Saturdays 7 a.m. - 1 p.m., by Bancroft Park on Colorado Avenue. See a list of other local farmers' markets on page 33.

Pvt. Hazard

by James Boroch

